

COACHING PROGRAMME

MONDAY

9.30 - 10.30am | Cardio Tennis | £4

A fun fitness based session, offering a cardio vascular work-out and tennis improvement through hitting lots of balls!

TUESDAY

2.00 - 2.45pm | Tots Tennis Coaching | £3

Under 5's enjoy playing in these fun sessions. Includes practise for tennis and development for other sports too.

4.30-5.30pm | Under 9's Coaching | £4

Coaching on a smaller court for younger players. Includes technical and tactical coaching, and chances to practise.

5.30-6.30pm | 9 - 13 Year Old Coaching | £4

Play on a larger court, and have fun receiving technical and tactical coaching, drills and practises!

6.30-7.30pm | Tennis Coaching | £4

A fun ladies only session, including match play, coaching and practises/drills!

7.30-9.00pm | Tennis Xpress | £40 for a 6 week block

A great way in to/back in to tennis, for beginner or those who haven't played for some time. Learn to serve Rally and Score in

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WEDNESDAY

4.30 - 5.30pm | Under 9's Coaching | £4

Coaching on a smaller court for younger players. Includes technical and tactical coaching, and chances to practise.

5.30 - 6.30pm | 9-13 Year Old Coaching | £4

Play on a larger court, and have fun receiving technical and tactical coaching, drills and practises!

6.30 - 7.30pm | 13 + Coaching | £4

Play on full sized courts, just like the pro's! Receive technical coaching, and tactical help in fun match practise.

FRIDAY

9.15 - 10.00am | Tots Tennis Coaching | £4

Under 5's enjoy playing in these fun sessions. Includes practise for tennis and development for other sports too.

10.00 - 11.00am | Cardio Tennis | £4

A fun fitness based session, offering a cardio vascular work-out and tennis improvement through hitting lots of balls!

4.30 - 5.30pm | Under 9's Coaching | £4

Coaching on a smaller court for younger players. Includes technical and tactical coaching, and chances to practise.

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FRIDAY

5.30-6.30pm | 9-13 Year Old Coaching | £4

Play on a larger court, and have fun receiving technical and tactical coaching, drills and practises!

SATURDAY

9.15-10.00am | Tots Coaching | £3

Under 5's enjoy playing in these fun sessions. Includes practise for tennis and development for other sports too.

10.00 - 11.00am | Under 9s Coaching | £4

Coaching on a smaller court for younger players. Includes technical and tactical coaching, and chances to practise.

11.00am - 12.00pm | 9-13 Year Old Coaching | £4

Play on a larger court, and have fun receiving technical and tactical coaching, drills and practises!

12.00 - 1.00pm | 13 + Coaching | £5

Play on a larger court, and have fun receiving technical and tactical coaching, drills and practises!

